

# Cranberry Fruit Oatmeal

*A recipe for every season.*

One serving  
provides

1 oz. equivalent  
grains

½ cup fruit





# Cranberry Fruit Oatmeal

Yield: 48 servings

Serving Size: ¾ cup

Prep Time: 15 minutes

Cook Time: 10 minutes

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## INGREDIENTS

## WEIGHT

## MEASURE

## DIRECTIONS

Peaches, diced, canned in juice or light syrup

106 oz.

1 #10 can

1. Drain peaches and reserve all liquid. Set peaches aside. Liquid will be used as part of cooking liquid in next step.

Reserved peach juice/liquid, from can  
Water

Approx. 1 qt. 1 cup  
Approx. 1 gal. 1 qt.

2. Measure liquid drained from peaches, then add water to bring the total liquid volume to 1 ½ gallons and 1 cup.  
3. In a stock pot or steam-jacketed kettle, bring water/peach liquid mixture to a boil.

Oatmeal, quick-cooking

3 lb. dry

1 gal. dry

4. Add oatmeal, dried cranberries, brown sugar, cinnamon, nutmeg and salt and return to a simmer. Cook 5 minutes, stirring constantly.

Dried sweetened cranberries

1 lb. 12 oz.

1 ½ qt.

5. Stir in reserved diced peaches. CCP: Cook to an internal temperature of 135°F or higher. Transfer to steam table pan, cover and place on steam table to serve. CCP: Hold hot at 135°F or higher for service.

Brown sugar

7 oz.

1 cup

If not serving immediately, follow proper cooling and reheating below.

Cinnamon, ground

1 Tbsp.

Nutmeg, ground

1 tsp.

Salt

1 tsp.

6. **To Serve:** For each serving, scoop ¾ cup (scant #5 scoop) oatmeal into a bowl and top each serving with 1 Tbsp. (#60 scoop) vanilla yogurt and 1 Tbsp. (#60 scoop) dried cranberries, if desired.

Yogurt, non-fat, vanilla, optional

3 cups

Dried sweetened cranberries, optional

15 oz.

3 cups

**COOLING:** CCP: Cool to 70°F or lower within 2 hours and from 70°F to 40°F within 4 more hours. Place in shallow pans with a product depth of 2 inches or less and refrigerate or place shallow pans of product into ice bath, immerse pans into ice up to product level and stir frequently. Cover and label product.

**REHEATING:** CCP: Reheat to 165°F or higher for 15 seconds, within 2 hours.

**SANITATION INSTRUCTIONS:** Wash hands and exposed parts of arms before handling food, after handling raw foods and after any interruption that may contaminate hands. Wash, rinse and sanitize all equipment and utensils before and after use. Return all ingredients to refrigerator if preparation is interrupted. Measure all internal product temperatures with a cleaned and sanitized thermocouple or thermometer every 2 hours. Thaw frozen product properly using an FDA recommended method.

**SERVING:** One serving provides 1 oz. eq. grains, ½ cup fruit

## NUTRIENTS PER SERVING\*:

Calories 200 kcal

Saturated Fat 0.5 g

Cholesterol 0 mg

Carbohydrate 40 g

Protein 5 g

Calcium 27 mg

Vitamin A 169 IU

Total Fat 2 g

Trans Fat 0 g

Sodium 57 mg

Dietary Fiber 4 g

Vitamin C 2 mg

Iron 1.5 mg

1.5% Calories from Saturated Fat

\*Optional ingredients add 29 calories, 0 g saturated fat and 9 mg sodium per serving.

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